

REAL Dialogue

'Communicate with compassion'

We achieve everything through conversations!

Through REAL Dialogue, it is possible to be heard and get closer to those that we care about by expressing ourselves honestly as well as compassionately.

This hands-on introduction workshop will provide you with practical tools to learn how to:

- Express your intentions so they are clearly received by others.
- Be "real" as well as empathetic.
- Express yourself honestly whilst minimising a defensive reaction from others.
- Find ways to meet both your needs and those of others without anyone "giving in" or "up".
- Find mutually satisfying solutions to problems.



What people say about REAL Dialogue:

REAL dialogue is a tool, which I find myself referencing on a daily basis. Amy Poynton, Partner, Ernst & Young

This workshop helped our staff further develop our communication skills. Learning about the importance of empathy and speaking honestly with each other has improved teamwork at our service.

Angeline Amadei, Director, Toxteth Kindergarten

I was able to apply this excellent teaching with good effect immediately. Dr. Frances Black

Workshop details:

Date: Saturday 10 December 2016

Time: 9.00am – 4.00pm

Venue: Avalon Recreation Centre
59A Old Barrenjoey Rd, Avalon

Cost: \$75 (Ex. GST) + 'Dana'
(Donation)

About The Facilitator

Dr Sylvie Vanasse has more than 30 years experience in adult education, people management and coaching. She is also a trained counsellor and meditation teacher.

To learn more, visit Sylvie's web site at: www.parlure.com.au